



# Integrating Out of School Time Across the WSCC Framework



Out of school time (OST) program leaders and staff are natural partners for extending the **Whole School, Whole Community, Whole Child (WSCC)** framework beyond the school day. Here are some evidence-based strategies and promising practices for using the WSCC approach to strengthen OST settings on school campuses and support student health and academic achievement.

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| <b>Physical Environment</b>                           | <ul style="list-style-type: none"> <li>■ Provide access to safe drinking water across the school building or campus before and after school.</li> <li>■ Set up agreements that allow schools and OST programs to share space—for example, shared access to classrooms, gyms, and playgrounds; space for food storage and prep; and use and maintenance of school gardens.</li> </ul>   |
| <b>Social and Emotional Climate</b>                   | <ul style="list-style-type: none"> <li>■ Ensure food and physical activity are not used as rewards or punishments.</li> <li>■ Foster social emotional learning by integrating positive youth development principles during program planning—for example, focusing on strengths and positive outcomes.</li> </ul>   |
| <b>Counseling, Psychological, and Social Services</b> | <ul style="list-style-type: none"> <li>■ Recognize the role that staff can play in connecting students and their families with services in the school or community.</li> </ul>   |
| <b>Health Services</b>                                | <ul style="list-style-type: none"> <li>■ Promote communication between school staff and OST providers to help manage the needs of students with chronic health conditions, such as food allergies, diabetes, and asthma.</li> </ul>  |
| <b>Nutrition Environment and Services</b>             | <ul style="list-style-type: none"> <li>■ Use policies and practices that ensure that students have access to healthy foods and beverages in OST programs and during the summer.</li> <li>■ Coordinate with school food services departments to sponsor programs to provide nutritionally balanced, low-cost or free meals and snacks throughout the calendar year.</li> </ul>  |
| <b>Physical Education and Physical Activity</b>       | <ul style="list-style-type: none"> <li>■ Provide opportunities for students to be physically active before- and after-school—for example, intramural sports, walking clubs, and active transportation to and from school.</li> <li>■ Integrate physical activity into after-school and summer programs that operate on school grounds.</li> </ul>  |
| <b>Health Education</b>                               | <ul style="list-style-type: none"> <li>■ Invite qualified personnel, such as Certified Health Education teachers, to provide nutrition education in after-school programs.</li> </ul>  |
| <b>Community Involvement</b>                          | <ul style="list-style-type: none"> <li>■ Invite qualified members of the community, such as university extension staff, to provide training and professional development or OST programs, or lead specific activities.</li> <li>■ Involve staff members from OST programs, both school- and community-based, in school initiatives that address healthy eating, such as school wellness teams or wellness committees.</li> </ul> |
| <b>Family Engagement</b>                              | <ul style="list-style-type: none"> <li>■ Provide opportunities for parents to learn about healthy eating or to practice being active with their children.</li> <li>■ Design family event nights that include physical activity and healthy eating, such as brief “Stay and Play” activities.</li> </ul>  |
| <b>Employee Wellness</b>                              | <ul style="list-style-type: none"> <li>■ Encourage OST staff to model healthy eating and physical activity behaviors.</li> <li>■ Provide OST staff with professional development opportunities related to physical activity, nutrition, and healthy lifestyle behaviors.</li> </ul>  |

Visit [www.cdc.gov/healthyschools/wscclstrategies.htm](http://www.cdc.gov/healthyschools/wscclstrategies.htm) for more information and additional examples on how to integrate out of school time strategies using the WSCC framework.

